



# Going Home Checklist



- Take a moment to think about your day today
- Be proud of the care we gave today
- Acknowledge one thing that was difficult on shift and let it go
- Consider three things that went well today
- Check on your colleagues before you leave. Are they ok?
- Are you ok? Your team are here to support you
- Switch your attention to home. Rest and recharge

**Thank you for the care and support you provide**